



Bok Choy: Nutrition . Selection . Storage

Nutrition information for bok choy and tips on how to select, store and prepare it. [Health Benefits](#)

[\[All Fruits\]](#) [\[All Vegetables\]](#)

Did You Know...

Bok Choy is also called Chinese cabbage and pak-choi and has been grown in China for more than 6,000 years! It can be eaten raw or cooked.



How to Select

Choose firm bok choy stalks without brown spots and fresh leaves (not wilted).

How to Store

Store bok choy in a plastic bag in the crisper section of your refrigerator for up to a week. Wash immediately before serving.

Nutrition Benefits

Fat free, saturated fat free, cholesterol free, low sodium and an excellent source of vitamin A and vitamin C and a good source of folate.



[Top 10 Ways to Enjoy Bok Choy](#)

[Fruit Nutrition Database](#)

[Vegetable Nutrition Database](#)

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[How to Read a Food Label](#)

[Key Nutrients Found in Fruits & Veggies](#)

[Dietary Guidelines for Americans](#)

[Fruit & Vegetable Recipe Search](#)



Nutrition Facts

Serving Size 1 cup shredded (70g)

Servings Per Container

Amount Per Serving

Calories 10 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 1g

Protein 1g

Vitamin A 60% • Vitamin C 50%

Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

Health Benefits of Fruits & Vegetables

The natural antioxidants in fruits and vegetables will help keep your body working at its best, so consuming a diet that meets your [daily recommended amount of fruits and vegetables](#) is one of the best ways to give your body a strong defense against disease. Fruits and vegetables are protective to health as they're helpful at **reducing the risk of coronary heart disease, stroke and some cancers**. They're also low in **calories, which helps prevent obesity ... a significant risk factor for type 2 diabetes, cancer and cardiovascular disease**.

[Top 10 Reasons to Eat More Fruits and Vegetables](#)